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- GRAY SCALE DOCUMENTS

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**Weight Control System
Having Recipe Builder
and Exchange Capability**
Inventor: Kirchhoff, et al

1/28

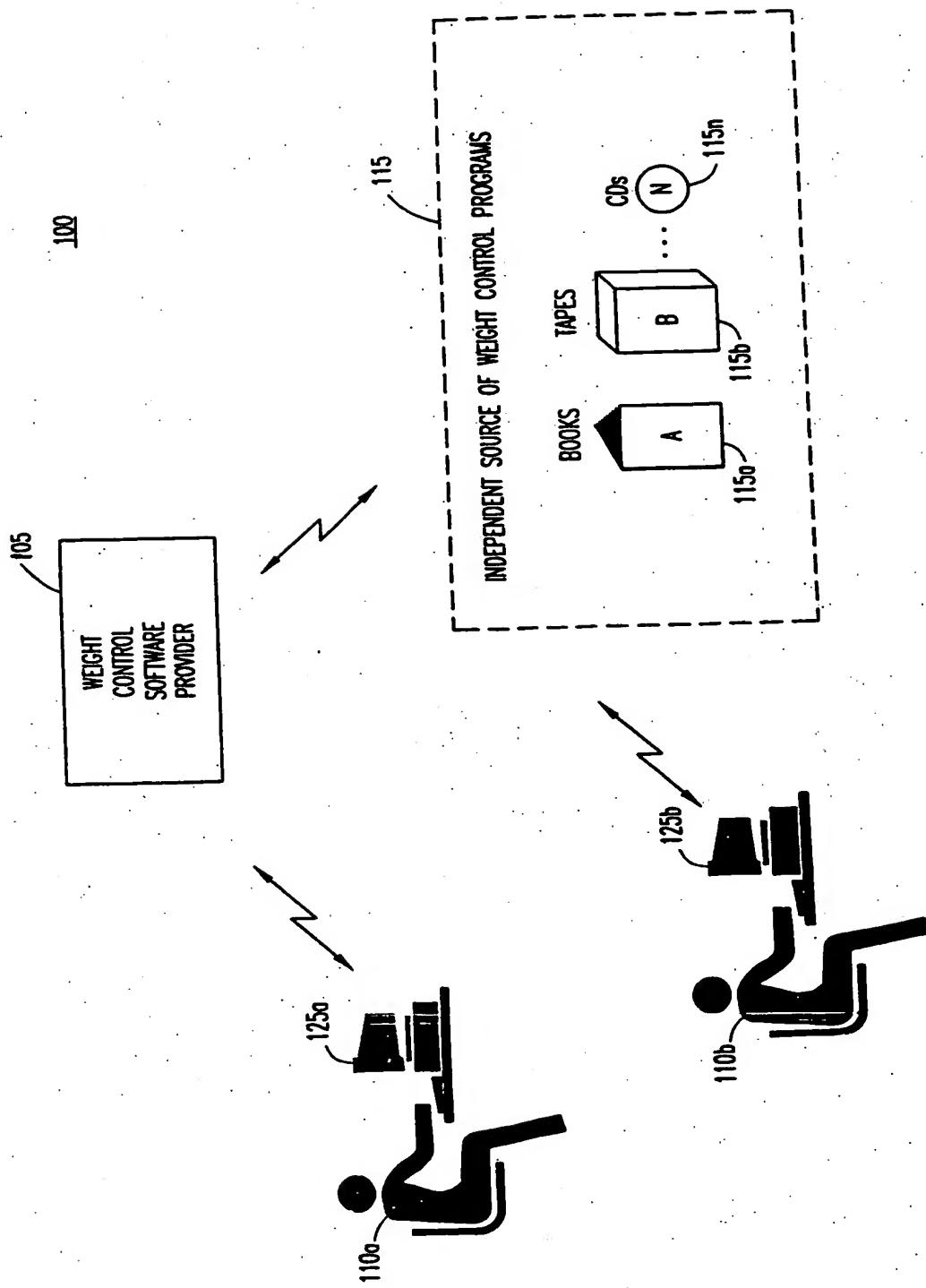


FIG. 1

**Weight Control System
Having Recipe Builder
and Exchange Capability**
Inventor: Kirchhoff, et al

2/28

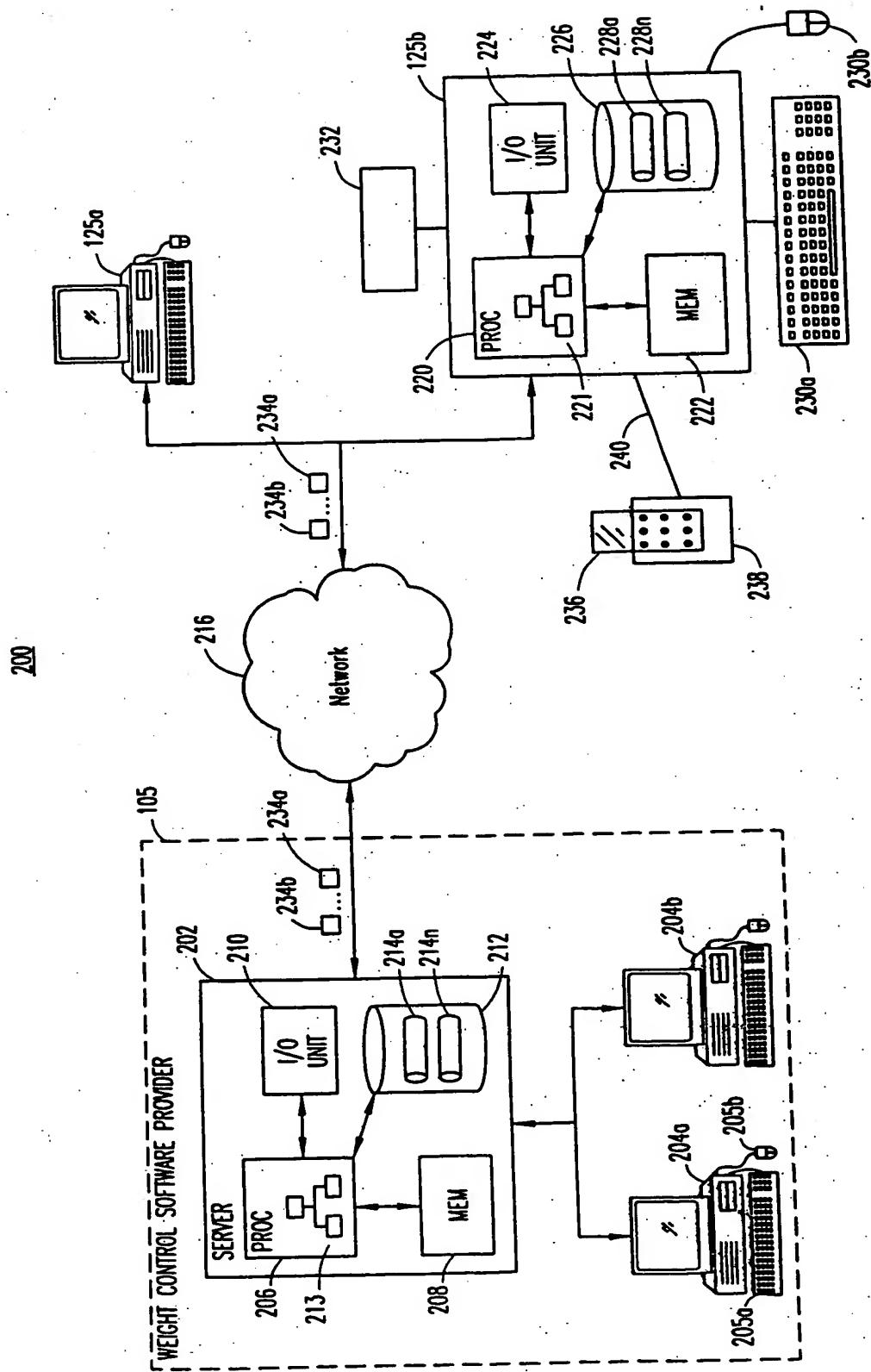


FIG. 2

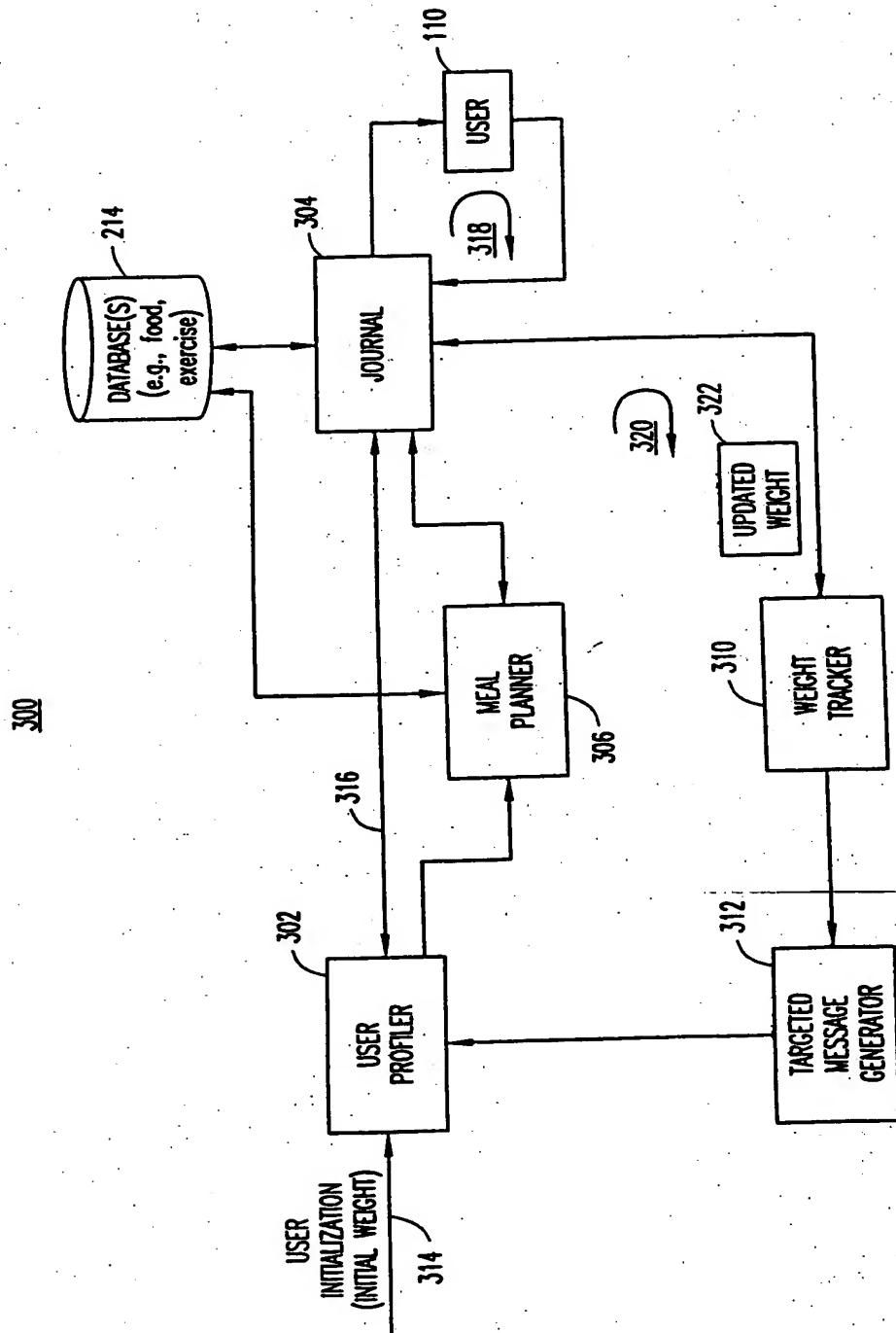


FIG. 3

**Weight Control System
Having Recipe Builder
and Exchange Capability**
Inventor: Kirchhoff, et al

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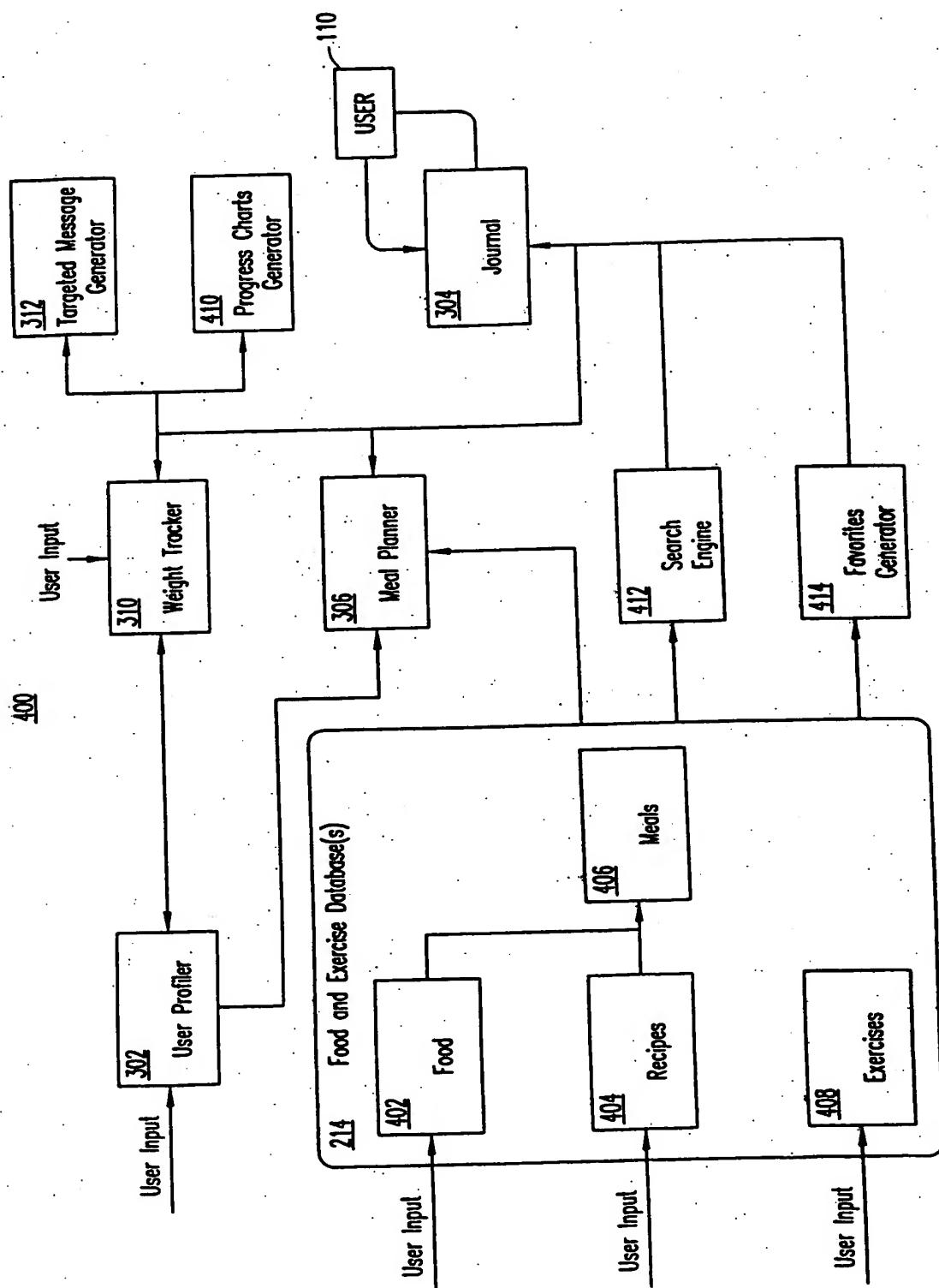


FIG. 4

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

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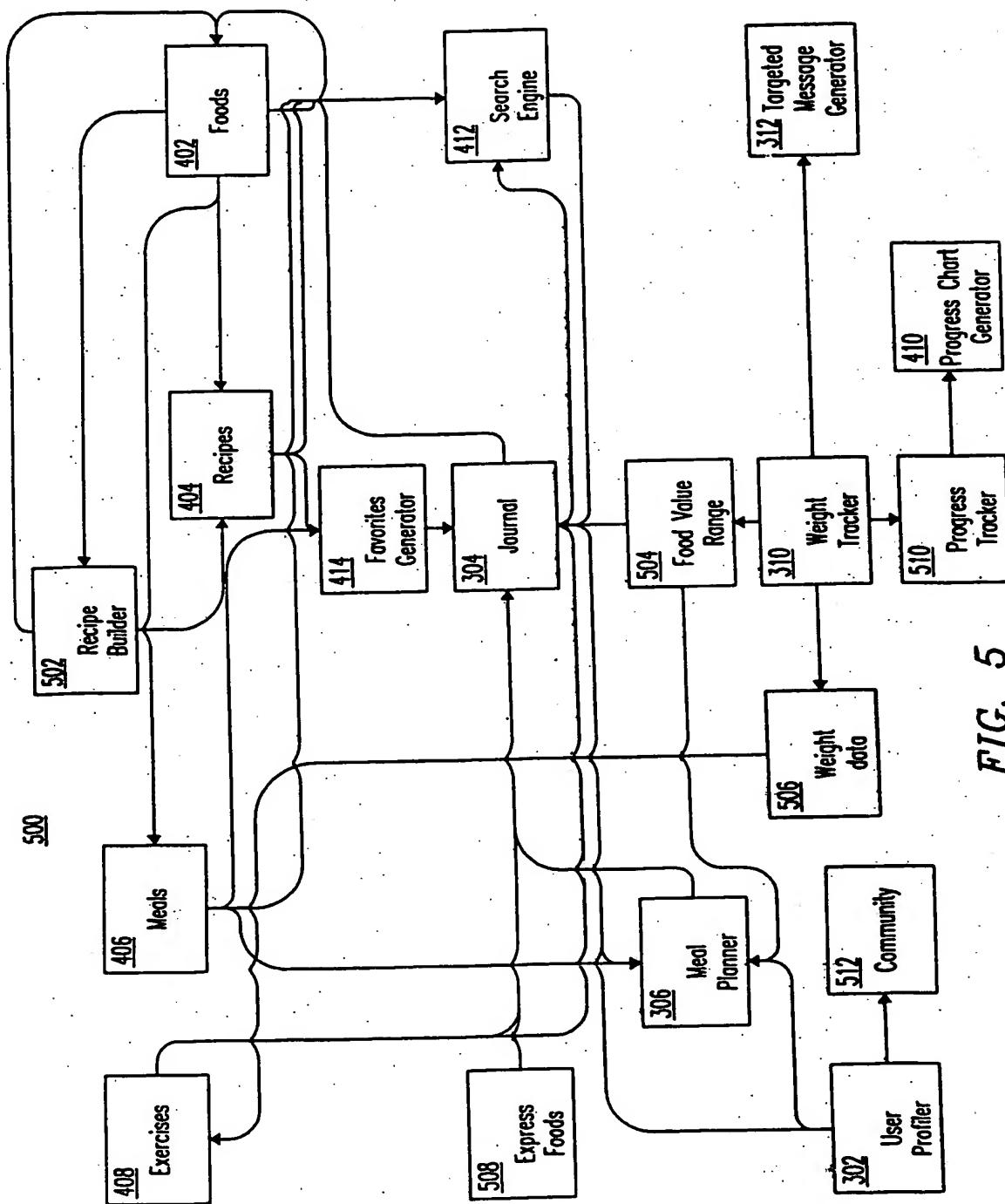


FIG. 5

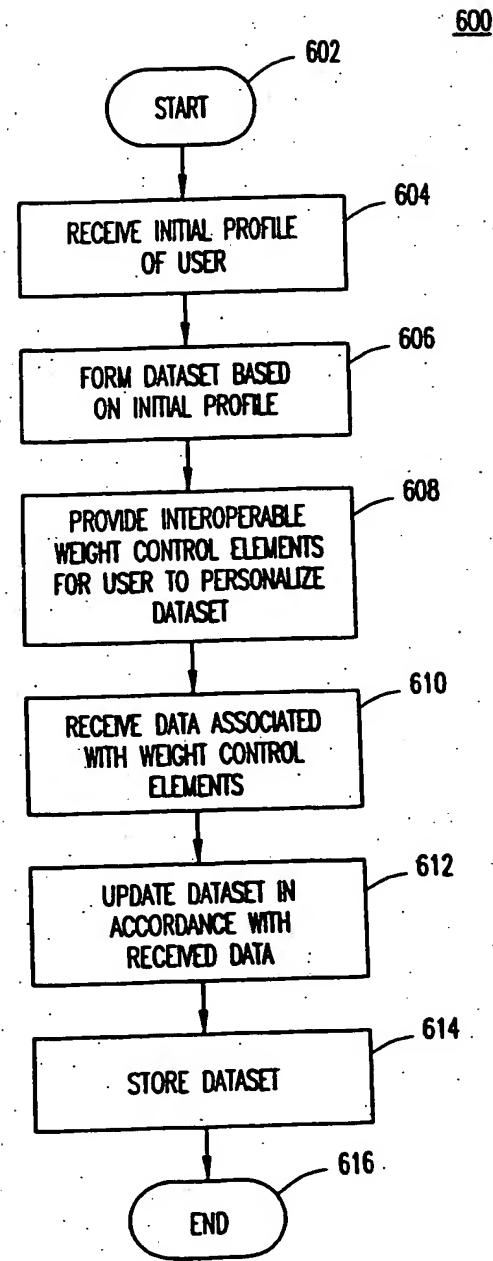


FIG. 6

**Weight Control System
Having Recipe Builder
and Exchange Capability**
Inventor: Kirchhoff, et al

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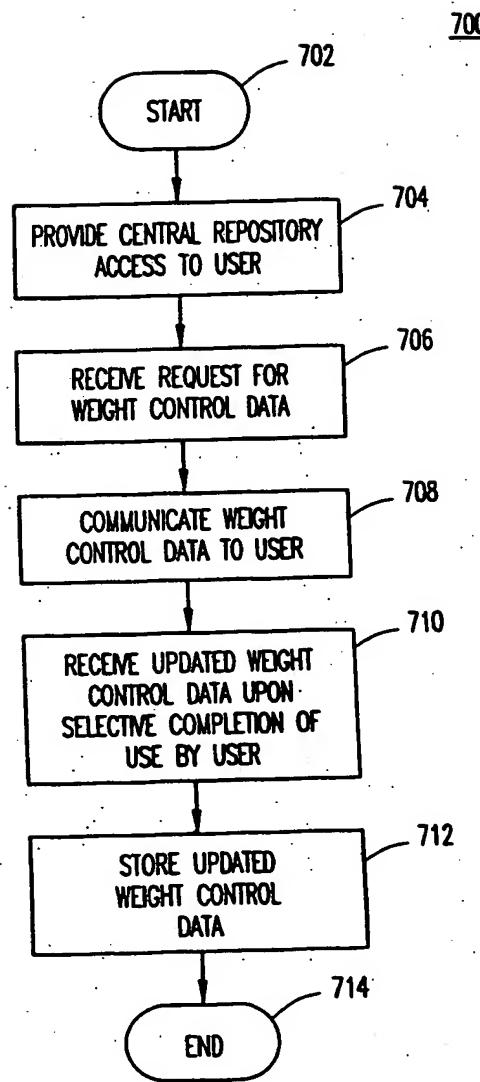


FIG. 7

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

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806 800 802 → [find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) [LOGIN](#) 804
home | [the plan](#) | community | sucess stories | food & recipes | healthy life | fitness | just for me | shop | [panic](#)
[Journal](#) | [Weight Tracker](#) | [Progress Charts](#) | [My Favorites](#) | [POINTS® Calculators](#) | [Assessment](#) | [Tools for Living](#) ← 808 826

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb 810
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

Make changes to Weight Information

Personal Information

First name: John 812
Last name: Smith
Address: 1 MAIN SL
City: Anytown
State: NY
Zip code home: 12345
Zip code work: 12346
Country: United States
Phone: (212) 555-1234
E-mail: jsmith@workplace.com

Other Characteristics

Attitude: Generally Happy
Athletic: Yes
Eye color: Blue
Hair color: Brown

Other Demographics

Race: Caucasian
Religion: Catholic
Ethnicity: Irish
Blood type: A+

Health Restrictions

None

Desired Meal Plan Type

Regular

Receive Information: No
E-mail Weight Loss Progress: No
E-mail Format: text
Profession: Professional (e.g., doctor, lawyer)
Marital status: Single
Number of children: 0
Lifetime Member: 98765
Meeting Member number: 98765

Make changes to Personal Information

Payment Information

Credit Card: Visa 822
Credit card number: ****1111
Expiration date: 2/2002
Name as it appears on the card: John Q. Smith
Billing Address: 1 MAIN SL
City: Anytown
State: NY
Zip code: 12345

Make changes to Payment Information

Total Subscription Charges for 824
Monthly Fee: \$8.00 x 6 =: \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

FIG. 8

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900a

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

Address http:// Go

806

806b

802 → find a meeting|about us|my profile|site map|help|LOGOUT

home my plan community sucess stories food & recipes healthy life fitness just for me shop panic

Journal|Weight Tracker|Progress Charts|My Favorites|POINTS® Calculators|Assessment|Tools for Living|Intro to eTools

808a

808

914

my journal | ← Friday, Jan 25, 2002 → Target: 27 Range: 22-27 Bank: 3 print day print blank journal user guide

904a 904b 904c 904d 906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 908

920 ~ Morning Midday Evening Snack

Step 2: To add food, you can either: 916

- Search our food database
toast FIND
- Select a favorite: for Favorites
Select from My Favorites ADD
- Express it! Enter your food and its POINTS value:
Food: POINTS:
 ADD

918

DELETE CHECKED ITEMS

Check All 910 Total Food POINTS used 24

Morning 912

<input type="checkbox"/> 1 medium pear(s)	1
<input type="checkbox"/> 1 cup light artificially sweetened yogurt	2
<input type="checkbox"/> 1/2 cup General Mills Whole Grain Total	1
<input type="checkbox"/> 6 average almonds	1
MAKE THIS MEAL A FAVORITE Subtotal 5	
Midday	
<input type="checkbox"/> 6 oz baked potato	3
<input type="checkbox"/> 1 oz low-fat cheddar or colby cheese	1
<input type="checkbox"/> 1/2 cup cooked broccoli	0
<input type="checkbox"/> 2 cup mixed greens	0
<input type="checkbox"/> 1 tsp olive oil	1
<input type="checkbox"/> 1 Tbsp vinegar	0
<input type="checkbox"/> 1 medium orange(s)	1
MAKE THIS MEAL A FAVORITE Subtotal 6	

Find tips from others on the Weight Watchers eTools Tip Exchange

Need Help? Go to the Journal User Guide

Internet

FIG. 9

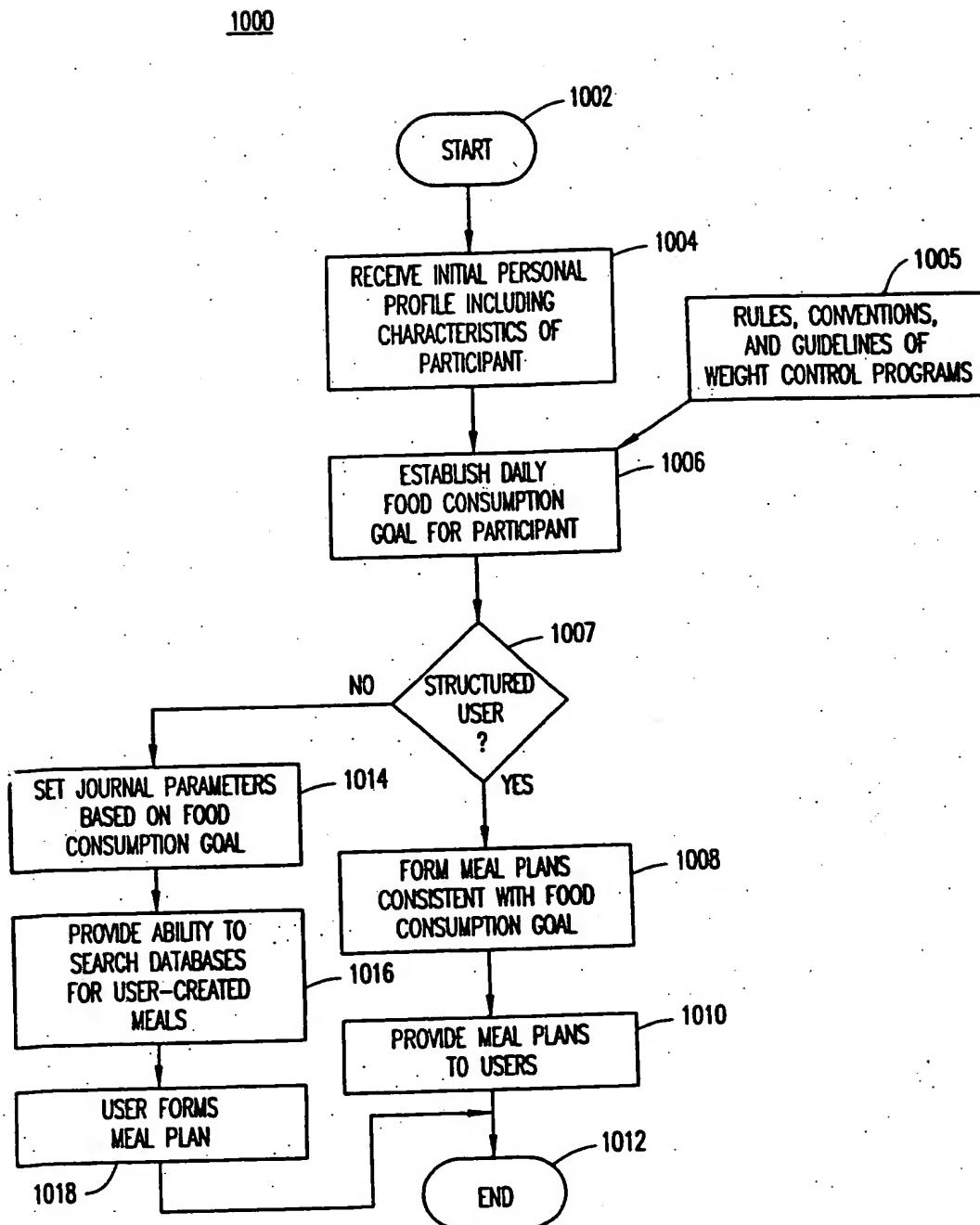


FIG. 10

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900b

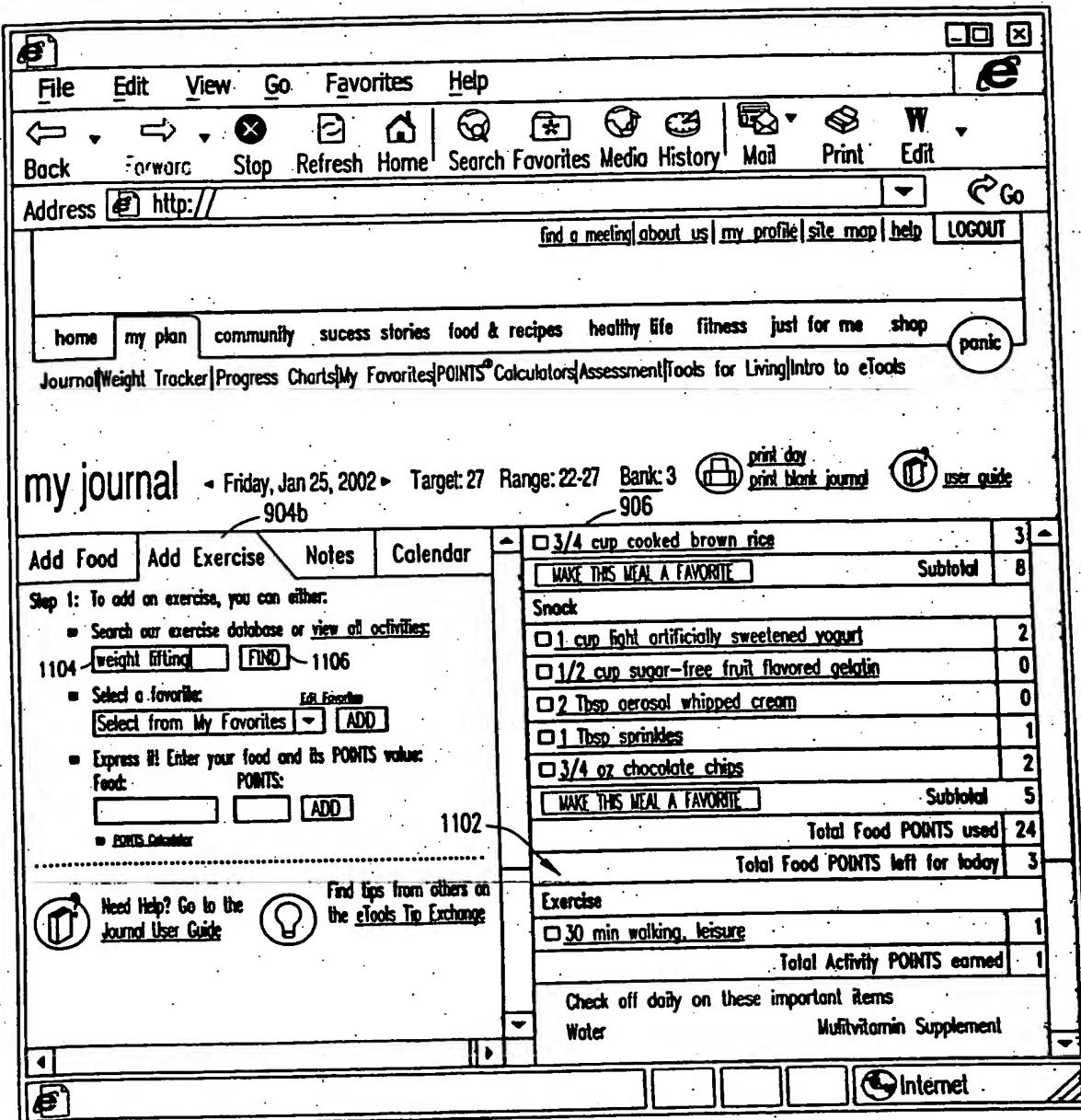


FIG. 11

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

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900c

914

my journal - Friday, Jan 25, 2002 • Target: 27 Range: 22-27 Bank: 3

DELETE CHECKED ITEMS		SAVE & BANK
<input type="checkbox"/> Check All		Total Food POINTS used 24
Morning		
<input type="checkbox"/> 3 slice(s) crisp cooked bacon		4
<input type="checkbox"/> 2 large fried eggs		5
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Midday		
<input type="checkbox"/> 1 small serving(s) cooked lean beef steak		7
<input type="checkbox"/> 1 cup(s) fruit salad		2
<input type="checkbox"/> MAKE THIS MEAL A FAVORITE		Subtotal 9
Evening		
		Subtotal 0
Snack		
		Subtotal 0
1102		Total Food POINTS used 18
		Total Food POINTS left for today 9
Exercise		
<input type="checkbox"/> 60 min jogging		7
		Total Activity POINTS earned 7
Check off daily on these important items		
Water	1204	Multivitamin Supplement
Fruits & Vegetables	1206	Milk & Milk Products
<input type="checkbox"/> DELETE CHECKED ITEMS		SAVE & BANK

906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:
 Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database FIND
- Select a favorite Food
- Express it! Enter your food and its POINTS value:
 Food: POINTS:
POINTSCalculator

Need Help? Go to the [Journal User Guide](#)  Find tips from others on the [eTools Tip Exchange](#)

1202

Internet

FIG. 12

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

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900d

The screenshot shows a web-based application for managing weight and nutrition. At the top, there's a menu bar with File, Edit, View, Go, Favorites, Help, and a toolbar with Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, and Edit buttons. The address bar shows 'http://'. Below the toolbar, there are links for home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, and a 'panc' link. A navigation bar at the bottom includes Journal, Weight Tracker, Progress Charts, My Favorites, POINTS® Calculators, Assessment, Tools for Living, and Intro to eTools.

In the center, the title 'my journal' is displayed above a date field 'Friday, Jan 25, 2002'. To the right of the date are 'Target: 27', 'Range: 22-27', 'Bank: 0', and three buttons: 'print day', 'print blank journal', and 'user guide'. Below the date, there's a '904d' entry. On the left, there are tabs for Add Food, Add Exercise, Notes, and Calendar. The Calendar section shows a monthly calendar for January 2002 with days 1 through 31. A '1302' label is placed over the 25th. To the right of the calendar is a 'Calendar Key' with four items: Today's date (checkmark), The journal day you are viewing (checkmark), Your scheduled weight tracking day (checkmark), and journal is complete: POINTS are banked! (checkmark). Below the calendar key, there are two informational icons: 'Need Help? Go to the Journal User Guide' and 'Find tips from others on the eTools Tip Exchange'.

To the right of the calendar, there's a 'DELETE CHECKED ITEMS' section with a checkbox for 'Check All'. It lists meals with their points and subtotals:

	Total Food POINTS used
Check All	24
Morning	
3 slice(s) crisp cooked bacon	4
2 large fried egg(s)	5
MAKE THIS MEAL A FAVORITE	Subtotal 9
Midday	
1 small serving(s) cooked lean beef steak	7
1 cup(s) fruit salad	2
MAKE THIS MEAL A FAVORITE	Subtotal 9
Evening	
	Subtotal 0
Snack	
	Subtotal 0
Total Food POINTS used	18
Total Food POINTS left for today	9
Exercise	

At the bottom right, there's an 'Internet' button. The entire window has a standard browser-style border with minimize, maximize, and close buttons.

FIG. 13

14/28

1400

806e

[find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#)

[LOGOUT](#)

[home](#) [my plan](#) [community](#) [success stories](#) [food & recipes](#) [healthy life](#) [fitness](#) [just for me](#)

[shop](#)

[panic](#)

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

meal plans

808c

[my shortcuts](#) [Logout](#)

Welcome Kevin!
I'm not Kevin! [edit profile](#)

[Pick my avatars!](#)

1404

[MY TOOLS](#)

[JOURNAL](#)

[WEIGHT TRACKER](#)

[MEAL PLANS](#)

[POINTS CALCULATORS](#)

[RECIPE SEARCH](#)

[RECIPE BUILDER](#)

[MY RESOURCES](#)

[Intro to eTools](#)

[Tools for Living](#)

[Hot eTools Topic of the Week](#)

[Eating Out Guide](#)

[eTools Tip](#)

[Exchange](#)

[edit](#)

[Favorite Recipes](#)

[edit](#)

[Favorite Boards](#)

[edit](#)

[MY MEETINGS](#)

75202 | [edit](#)

Enter a zip code below



[Don't know zip code](#)

[MY NEWSLETTER & MORE](#)

[Choose your options](#)

[GET HELP](#)

[Frequently Asked Questions](#)

[Contact Us](#)

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our [meal plan user guide](#).

[view next week's plan](#)

[see Daily View](#)



Jan 23 - Jan 29

[add plan to my journal](#)



POINTS

WEDNESDAY

POINTS
23

MORNING:

6

MIDDAY:

5

EVENING:

7

SNACK:

5

THURSDAY

POINTS
24

MORNING:

6

MIDDAY:

5

EVENING:

8

SNACK:

5

SATURDAY

POINTS
24

MORNING:

6

MIDDAY:

5

EVENING:

8

SNACK:

5

MONDAY

POINTS
23

MORNING:

5

MIDDAY:

6

EVENING:

7

SNACK:

5

TUESDAY

POINTS
24

MORNING:

6

MIDDAY:

5

EVENING:

8

SNACK:

5

[add plan to my journal](#)

[view next week's plan](#)

[see Daily View](#)



FIG. 14

need help?

Learn more [good](#)

answer questions in our meal plan user guide.

[meal plan user guide](#)

meal planner profile

Plan for Me-Plan

Special diet|Regular

POINTS range|22-27

[edit meal plan profile](#)

[about meal plans](#)

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

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[panic](#)

[Articles](#) | [Recipes](#) | [Meal Plans](#) | [Recipe Renovation](#) | [Recipe Search](#) | [Recipe Builder](#)

meal plans

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

need help?
 Learn more and
 answer questions in
 our meal plan user
 guide.

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet | Regular](#)
- [POINTS range|22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

POINTS

<u>Cheese Omelet</u>	6
■ 3 medium egg white(s)	1
■ 1 tsp basil	0
■ 1 oz low-fat cheddar or colby cheese	1
■ 1 slice high-fiber bread	1
■ 1 cup canned fruit cocktail, packed in water	1
■ 1 cup low-fat milk	2

1502

MIDDAY: [Swap for another meal?](#)

POINTS

<u>Veggie Chili</u>	5
■ 1 cup Health Valley Mild Vegetarian Chili	2
■ 1 cup fresh vegetable sticks	0
■ 1 Tbsp reduced-calorie salad dressing	1
■ 1 cup grapes	1
■ 1 slice toasted whole bread	1
■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine	0

EVENING: [Swap for another meal?](#)

POINTS

<u>Apricot Turkey Breast with Cinnamon Squash</u>	7
■ 4 oz boneless, skinless turkey breast(s)	3
■ 1 Tbsp apricot jam	1
■ 1 tsp ground ginger	0
■ 3/4 medium acorn squash	2
■ 1/8 tsp ground cinnamon	0
■ 1 Tbsp light butter	1
■ 1 1/2 cup green snap beans	0

SNACK: [Swap for another meal?](#)

POINTS

<u>Snacks and Treats</u>	5
■ 1 cup 0-POINT soup	0
■ 1 cup fresh vegetable sticks	0

FIG. 15A

1500b

The screenshot shows a web browser window with a toolbar at the top. The address bar contains 'http://'. Below the toolbar, there are navigation links: Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, Edit, Go, and Logout. A search bar is also present.

The main content area has a header with links: home, my plan, community, success stories, food & recipes, healthy life, fitness, just for me, shop, and panic. Below this, a sub-header lists: Articles, Recipes, Meal Plans, Recipe Renovation, Recipe Search, and Recipe Builder.

A sidebar on the left contains a 'my shortcuts' section with a 'Logout' link, followed by a 'Welcome Kevin!' message, 'I'm not Kevin edit profile', and 'Pick my avatars!'. It also lists 'MY TOOLS' (Journal, Weight Tracker, Meal Plans, Points Calculators, Recipe Search, Recipe Builder), 'MY RESOURCES' (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Log Out Guide, eTools Tip, Exchange, Favorite Recipes, Favorite Boards, and MY MEETINGS).

The central content area features a heading 'meal plans' and 'my 7-day meal plan'. Below it, a text block says: 'Using a meal plan is a simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.' There are links for 'next day' and 'weekly view'.

To the right, a 'need help?' section includes a 'Learn more and answer questions in our meal plan user guide' link, along with a list of related links: 'meal plan user guide', 'meal planner profile', 'Plan for Me-Plan', 'Special diet (Regular POINTS range) 22-27', 'edit meal plan profile', and 'about meal plans'.

A modal window titled 'WED Jan 23 | 23 POINTS' is open, showing a list of breakfast items under 'MORNING':

- Cheese Omelet
- 3 medium egg whites
- 1 tsp basil
- 1 oz low-fat cheddar
- 1 slice high-fiber bread
- 1 cup canned fruit cocktail
- 1 cup low-fat milk

Below the list are two numbered buttons: '1' and '2'. At the bottom of the modal is an 'update my meal plan' button and an 'Internet' link.

FIG. 15B

900e

The screenshot shows a web browser window for the "900e" weight control system. The address bar shows "http://". The menu bar includes File, Edit, View, Go, Favorites, Help, Back, Forward, Stop, Refresh, Home, Search, Favorites, Media History, Mail, Print, and Edit. Below the menu is a toolbar with icons for Home, Search, Favorites, Media, History, Mail, Print, and a W icon. The main content area has a "Find a meeting|about us|my profile|site map|help|LOGOUT" link at the top right. Below it is a navigation bar with links: home, my plan, community, sucess stories, food & recipes, healthy life, fitness, just for me, shop, Journal, Weight Tracker, Progress Charts, My Favorites, POINTS[™], Calculators, Assessment, Tools for Living, Intro to eTools, and panic. On the left, a sidebar titled "my shortcuts" lists: Welcome Kevin!, I'm not Kevin! (edit profile), Pick my avatars!, MY TOOLS (Journal, Weight Tracker, Meal Plans, POINTS[™] Calculators, Recipe Search, Recipe Builder), MY RESOURCES (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Log-Out Guide, eTools Tip Exchange, Favorite Recipes, Favorite Boards), and MY MEETINGS. The main content area displays "my journal" for Tuesday, Jan 22, 2002. It shows a "TODAY'S TALLY" table:

TODAY'S TALLY		Today's POINTS
Target POINTS for today		27
Food POINTS used		28
Activity POINTS earned (maximum 4 per day)		4
Banked POINTS		3

Below this is a "BANK BALANCE" table:

BANK BALANCE		Today's POINTS
Your new bank balance		3
Your bank balance will reset to zero on:		Wednesday, Jan 30, 2002

At the bottom, there are links for "Need Help? Go to the eTools Tip Exchange", "Find tips from others on the eTools Tip Exchange", and "Internet".

FIG. 16A

900f

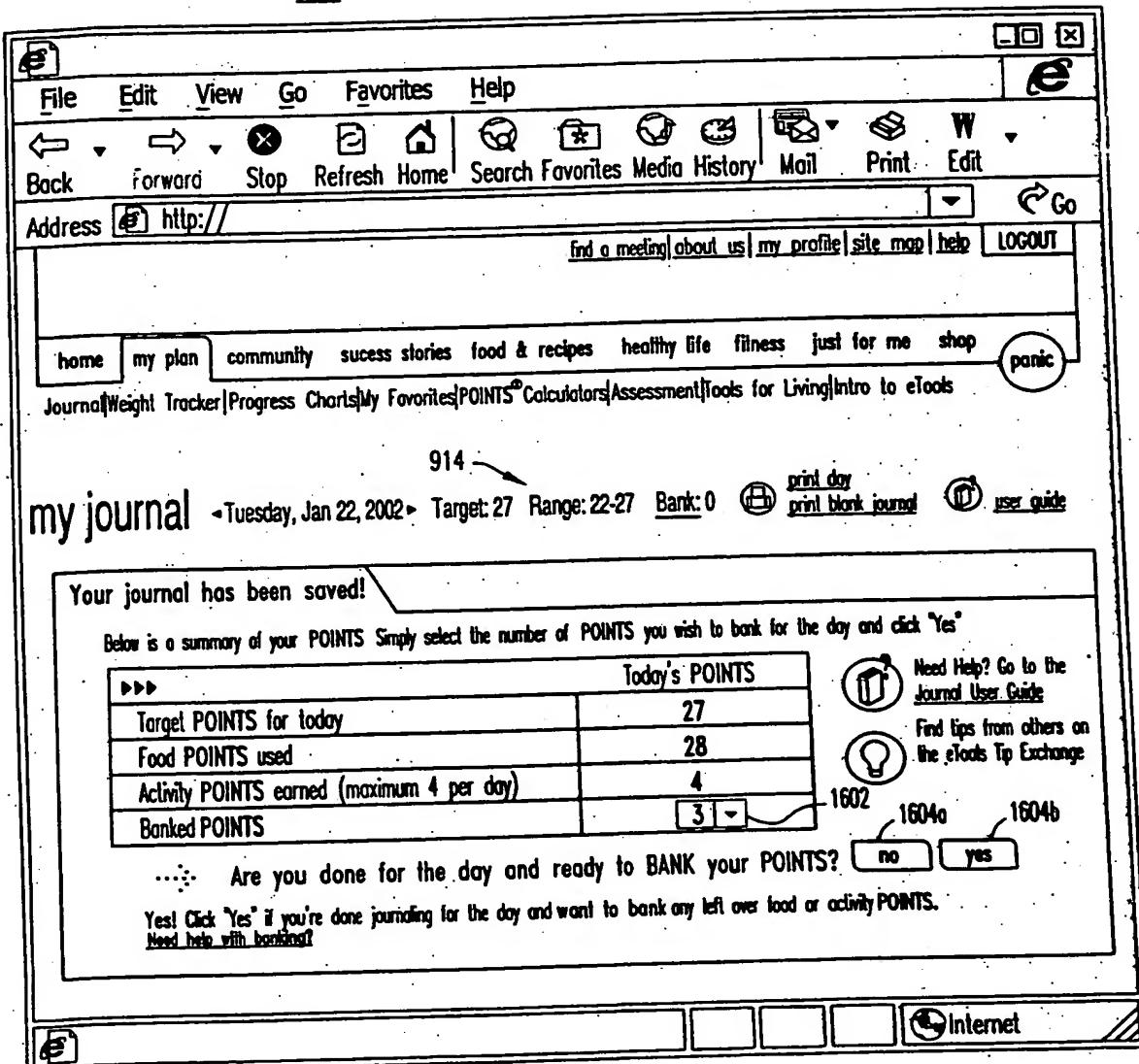


FIG. 16B

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

20/28

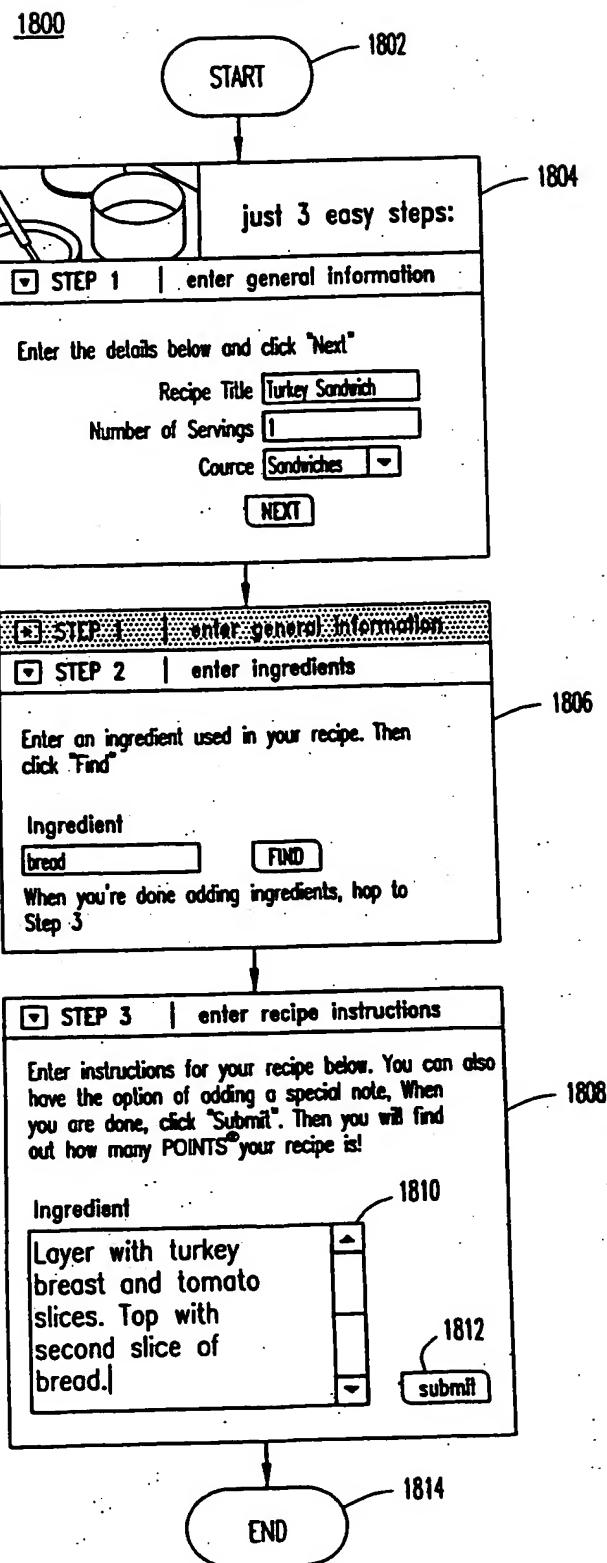


FIG. 18

806b 1900

[find a meeting](#) | [about us](#) | [my profile](#) | [site map](#) | [help](#) | [LOGOUT](#)

home | my plan | community | sucess stories | food & recipes | healthy life | fitness | just for me | shop | [panic](#)

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living | Intro to eTools

806b

[my shortcuts](#) | [Logout](#)

Welcome Kevin!
I'm not Kevin | [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS[®] CALCULATORS
RECIPE SEARCH
RECIPE BUILDER

MY RESOURCES

Intro to eTools
Tools for Living
Hot eTools Topic of the Week
Eating Out Guide
eTools Tip
Exchange
Favorite Recipes | [edit](#)

Favorite Boards | [edit](#)

MY MEETINGS
75202 | [edit](#)
Enter a zip code below
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Don't know zip code
MY NEWSLETTER & MORE
[Choose your options](#)

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weight tracker Wednesday, January 16, 2002

Told weight loss: **10.0 LBS.**

Most recent weight: 221.6lbs on 1/14/2002
POINTS Range: 22-27
Meeting day: Monday 1902

Milestones: **5**

Thank You  [VIEW PROGRESS CHARTS](#)

Thank you for logging your weight this week!
Please return next Monday to log your weight.
Share stories on [Tales from the Scale](#)

► ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and fellow dieters online!

- The Great Weight-In
- 20 Weight Loss Tips (from Real Meeting Goers!)

4 sticks of butter

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FIG. 19

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

22/28

find a meeting | about us | my profile | site map | help | [LOGOUT](#)

2000 home | my plan | community | success stories | food & recipes | healthy life | fitness | just for me | shop | [panic](#)

Journal | Weight Tracker | Progress Charts | My Favorites | POINTS[®] Calculators | Assessment | Tools for Living | Intro to eTools

my shortcuts | [LOGOUT](#)

Welcome Kevin!
I'm not Kevin! [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS[®] CALCULATORS
RECIPE SEARCH
RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
[Eating Out Guide](#)
[eTools Tip](#)
[Exchange](#)

[edit](#)

[Favorite Recipes](#) | [edit](#)

[Favorite Boards](#)

MY MEETINGS

75202 | [edit](#)

Enter a zip code below



[Don't know zip code](#)

MY NEWSLETTER & MORE

Choose your options

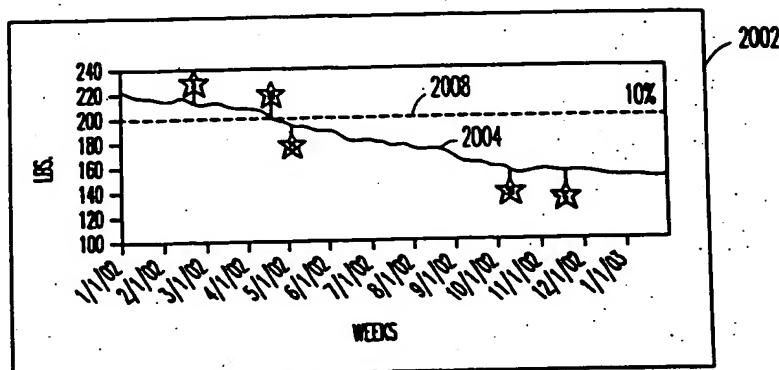
GET HELP

[Frequently Asked Questions](#)

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progress charts
progress charts

Refer to the progress chart to get a visual of your weight-loss progress. To view other months, select 'previous' or 'next' below. To make sure your progress chart is accurate, you can [enter previous weights](#) or [edit weights you have already entered](#).



Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week.

Milestones: 5

Key:

5 POUNDS

75 POUNDS

75 POUNDS

5 POUNDS ADD'L

100 POUNDS

100 POUNDS

25 POUNDS

150 POUNDS

10% TARGET

50 POUNDS

200 POUNDS

FIG. 20

2100

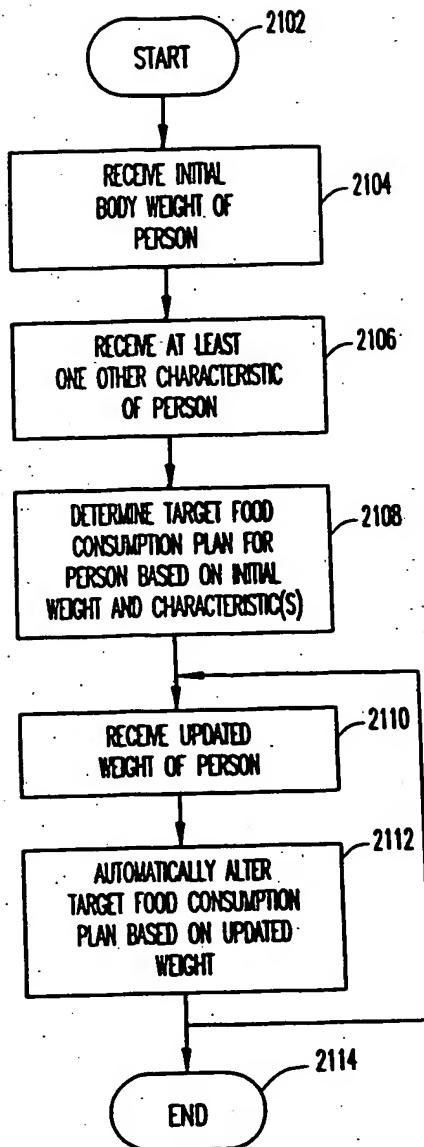


FIG. 21

2200 [find a meeting](#) [about us](#) [my profile](#) [site map](#) [help](#) [LOGOUT](#)

home my plan community sucess stories food & recipes healthy life fitness just for me shop [panic](#) 826

my shortcuts [Logout](#)
to weight loss tools.

Welcome Kevin!
I'm not Kevin [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL
WEIGHT TRACKER
MEAL PLANS
POINTS TM CALCULATORS
RECIPE SEARCH
RECIPE BUILDER
MY RESOURCES

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MY MEETINGS
75202 | [edit](#)
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MY NEWSLETTER & MORE
Choose your options
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Frequently Asked Questions
Contact Us

2202 ↗

don't panic!

...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our [message boards](#) and in our [chat rooms](#).

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill.](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this.](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

your best resource
Thousands of people just like you use our chil and message boards for inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource
Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help
Panic! cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

25/28

2300

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Journal|Weight Tracker|Progress Charts|My Favorites|POINTS® Calculators|Assessment|Tools for Living|Intro to eTools

panic

my profile

edit public profile

Select another page in my profile... ▾

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit".

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304

make public

User name: John Smith
E-mail address: jsmith@workplace.com
Birthdate: 07/14/66
Gender: Male
Marital status: Single
Number of children: 0
Profession: Professional (e.g. doctor, lawyer)
Astrological sign: Cancer
My home page: <http://www.workplace.com>
Astrological sign: Beam me up, Scottie

2302

2306

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 123 lbs
Current weight: 121 lbs
Weight goal: 150 lbs

submit

Internet

FIG. 23

2400a

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806c

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Message Boards | Chats | Community Recipe Swap 808c

share favorite recipes with friends

Welcome to Community Recipe Swap, the place to share your most delicious, POINTS™-worthy recipes with our online community. You can also search our growing database of more than 200 recipes (and counting).

- Share your recipe
- Search recipes

15 recent recipes

SHARE YOUR RECIPE			SEARCH RECIPES		
Recipe Name	User Name	Posted	Recipe Name	User Name	Posted
Veggie Omelet	smiles..nila	01/26/2002	chocolate peanut butter parfait	decharlrbone	01/26/2002
Peanut butter & Raisin Cakes	jenniergracem	01/26/2002	Pink cloud	justjewell	01/26/2002
Mini Mocha-Toffee Crunch Cheesecakes	pl2001	01/26/2002	Autumn Bisque	mamacake	01/25/2002
Fruit Puff	kronise	01/25/2002	Green Bean Soup	bswan628	01/25/2002
greek Omelet	suzanneh7	01/25/2002			

Main

Share your recipe

Search recipes

subscriber highlight

recipe search

Search more than 700 official recipes.

Keywords:

POINTS to

refine search FIND

for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

Calculate food POINTS

recipe builder

Find POINTS for your favorite recipes.

Calculate recipes POINTS

meal plans

Get delicious meal suggestions for every day of the week.

View Meal Plans

Learn more about subscriber benefits

Internet

FIG. 24A

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

27/28

2400b

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Message Boards | Chats | Community Recipe Swap 808c

community recipe swap

share your recipe

Main

Share your recipe

Search recipes

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS.®

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

2408

Recipe Title: 2410

From the Kitchen of:

Meal Course: Breakfast 2412

Number of Servings: 2414

Estimated POINTS per serving: 2416

Ingredients: 2418

Instructions: 2420

Special Notes: 2422

2424

RESET SUBMIT

Internet

FIG. 24B

2400c

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Message Boards | Chats | Community Recipe Swap 808c

community recipe swap share your recipe

my shortcuts [Logout](#)
to weight loss tools.

Welcome Kevin!
I'm not Kevin [edit profile](#)
[Pick my avatars!](#)

MY TOOLS

JOURNAL

WEIGHT TRACKER

MEAL PLANS

POINTS[®] CALCULATORS

RECIPE SEARCH

RECIPE BUILDER

MY RESOURCES

[Intro to eTools](#)
[Tools for Living](#)
[Hot eTools Topic of the Week](#)
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Choose your options

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808c

community recipe swap share your recipe

Browse or search more than 2000 user-recommended recipes below. 2426

browse recipes [All](#) [FIND](#)

2428a 2428b

search Search by: recipe name user name
Enter Name: [FIND](#)

refine search 2430
Search for any combination of categories below. The more options you choose, the more refined your search will become.

2432 Estimated POINTS[®]
Range: to

Meal Course 2434
 Beverages Light Meals Side Dishes
 Breakfast Main Meals Snacks
 Cakes Sandwiches Soups
 Desserts Sauces

Posting Date 2436 2438
Search for recipes posted in the last [All Options](#) [FIND](#)

Main
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Find what you're craving
Search more than 700 official recipes.

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Find POINTS for thousands of foods.
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recipe builder
Find POINTS for your favorite recipes.
[Calculate recipes POINTS](#)

meal plans
Get delicious meal suggestions for every day of the week.
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Internet

FIG. 24C